

# AGI'S FAST FACTS



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## OUR FRIEND - THE VINEGAR

DID YOU KNOW THAT VINEGAR WAS FOUND BY BABYLONIANS BACK IN 3000BC? THEY WERE USING IT AS A PRESERVATIVE, CONDIMENT, AND MEDICINE. SOME SOURCES EVEN SAY THAT YOU CAN DISCOVER MENTIONING OF VINEGAR AS FAR AS 5000BC. BACK IN THE DAY IT WAS MOSTLY MADE FROM FIGS, BEER AND DATES.

HOWEVER, SOME PEOPLE SAY THAT VINEGAR WAS DISCOVERED BY ACCIDENT WHEN A BARREL OF WINE WAS STORED FOR WAY TOO LONG, AND IT TURNED SOUR. WHICH THEORY DO YOU PREFER? BUT WHAT ABOUT TODAY? HOW DO WE MAKE VINEGAR, WHAT ARE WE USING VINEGAR FOR, AND HOW MANY VINEGAR FLAVOURS ARE THERE?

VINEGAR IS MADE FROM FERMENTED LIQUID, WHERE WITH TIME, NATURALLY OCCURRING BACTERIA CALLED ACETOBACTERTS COMBINE WITH OXYGEN CREATES ACETIC-ACID. HOW SIMPLE, RIGHT! YOU CAN USE DIFFERENT INGREDIENTS TO MAKE VINEGAR, SUCH AS CIDER, BEER, RICE, FRUITS OR ALCOHOL-WINE. THE MENTIONED ACETIC-ACID IS WHAT GIVES OUR VINEGAR THE SOUR TASTE. OUR ORDINARY WHITE DISTILLED VINEGAR USUALLY CONTAINS 5% OF THOSE ACIDS; THEREFORE, IT'S PERFECTLY FINE TO EAT IT. BUT BASIC WHITE VINEGAR IS HIGHER IT THE ACIDS, 25% AND IT'S SOLD ONLY FOR CLEANING PURPOSES, SO PLEASE DO NOT EAT IT.

## AGI'S LIST

YOU PROBABLY DON'T EVEN REALISE HOW VERSITILE YOUR VINEGAR IS, RIGHT! SO HERE, I WILL SHARE WITH YOU A FEW WAYS OF USING VINEGAR AND I MIGHT EVEN SURPRISE YOU :)



### FOOD:

VINEGAR IS EXCELLENT WHEN YOU ARE PICKLING YOUR CUCUMBERS, ONIONS, OR TOMATOES. IT WILL GIVE YOUR VEGETABLES THAT SLIGHTLY SOUR TASTE, BUT HOW DELICIOUS IT IS. THE MOST COMMON WAY OF USING VINEGAR IS FOR DRESSING AND MARINADES. INSTEAD OF ADDING MORE SALT, WHICH WE KNOW IS NOT VERY GOOD FOR US, ADD A DROP OF VINEGAR TO ENHANCE SALTINESS. WHEN ADDING IT TO YOUR MARINADES, IT WILL MAKE YOUR MEAT NOT ONLY FULL OF FLAVOUR BUT MAKE IT TENDER AND MELT IN YOUR MOUTH. LET'S NOT FORGET ABOUT POACHED EGGS. VINEGAR WILL HELP THE EGG WHITES SET NICELY, GIVING THEM A SMOOTH ROUND SHAPE.

### CLEANING:

NOT ALL OF US KNOW THAT, BUT VINEGAR IS A GREAT INGREDIENT TO USE AS A CLEANING PRODUCT. WE ALL HAVE IT AT HOME, SO WHY NOT MAKE THE MOST OF IT AND USE IT TO CLEAN YOUR KITCHEN. MAKE A SOLUTION OF VINEGAR AND WATER, AND YOU'RE GOOD TO GO, AND YOU CAN CLEAN YOUR MICROWAVE, GREASY STOVETOP, SINK, FLOORS, FRIDGES, STAINLESS AND ENAMEL POTS, BLENDER, COFFEE MAKER AND LET'S NOT FORGET ABOUT GLASS. IN SOME CASES, FOR BETTER RESULTS, YOU WILL HAVE TO ADD A LITTLE BIT OF BAKING SODA, AND YOU WILL BE WELL SURPRISED BY THE OUTCOME. BUT IF YOU DON'T WANT TO WASTE YOUR TIME ON CLEANING, CALL AEG AND WE WILL DO IT FOR YOU :)

### NOT SO WELL-KNOWN FACTS ABOUT VINEGAR:

- VINEGAR CAN RELIEVE SUNBURN PAIN
- THE ACID IN THE VINEGAR CAN CAUSE YOUR TEETH TO DECAY
- NOVEMBER 1ST IS NATIONAL VINEGAR DAY IN THE USA
- NATURAL PEARL WILL MELT IN WHITE DISTILLED VINEGAR
- IF YOU DRINK A TABLESPOON OF WHITE DISTILLED VINEGAR, IT WILL STOP YOUR HICCUPS
- THE INTERNATIONAL VINEGAR MUSEUM IS IN ROSLYN, SOUTH DAKOTA
- USED AS A NEUTRALISER FOR SOME JELLY FISH STINGS

SO, AS YOU CAN SEE, VINEGAR IS NOT ONLY TIMELESS BUT VERY USEFUL AS WELL. WHO KNEW THAT WITH ONLY ONE INGREDIENT, YOU COULD COOK, USE IT AS MEDICINE, CLEAN, AND SO MUCH MORE. AND ALL THAT BECAUSE OF A BARREL OF WINE THAT WAS LEFT FOR TOO LONG! OR SO THEY SAY...